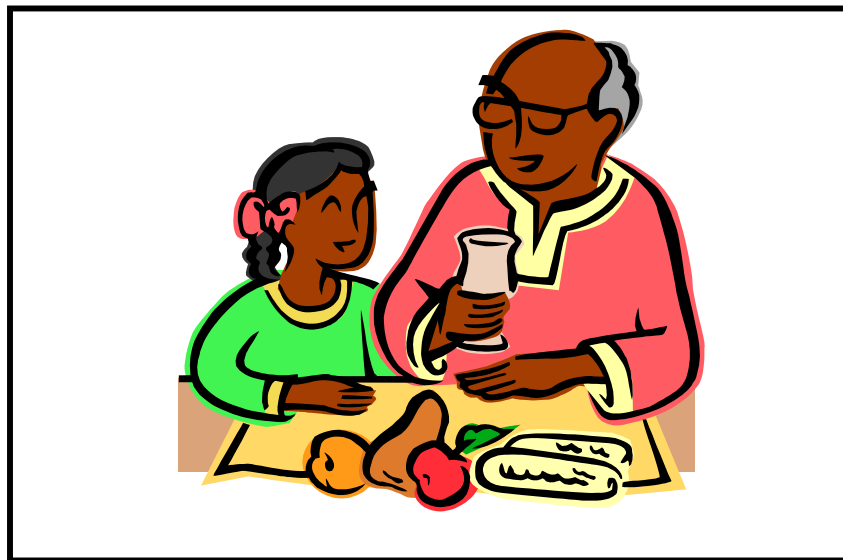


FEAST

Families Eating and Actively Sharing Together



Activities and resources that build healthy eating and active lifestyles.

Washington State Department of Early Learning 2006
State ECEAP Office

*All pages may be reproduced for use with these activities.

What is the Basic Food Nutrition Education Program?

Washington State's Basic Food Nutrition Education Program (BFNEP) was previously known as the Food Stamp Nutrition Education Program. BFNEP's goal is to provide information to help Basic Food Program recipients (Food Stamp recipients) make healthy food choices and choose active lifestyles, consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid. BFNEP is partially funded by the United States Department of Agriculture.

How is nutrition education provided to Basic Food Program Recipients in ECEAP?

DEL, through an interagency agreement with Department of Health, provides administrative oversight, working closely with local programs to design enhanced nutrition education activities that fit the needs of families and their children enrolled in ECEAP.



Early Childhood Education and Assistance Program contractors provide some nutrition education services to eligible ECEAP families and community members. BFNEP funding allows contractors to offer enhanced nutrition education services. ECEAP programs are piloting two new nutrition education activities this year as a result of BFNEP funding: FEAST (Families Eating and Actively Sharing Together) and CHOW (Community Homemade Options for Wellness).

Like More Information?

Contact:

Shannon Blood at shannon.blood@del.wa.gov or Judy King at judy.king@del.wa.gov

Or go on-line at:

http://www.del.wa.gov/eceap/food_nutrition.shtml



FEAST

Families Eating and Sharing Together

Fun-filled, hands-on activities that build awareness and skills in nutrition, health, and physical activity.

The FEAST Project

- Focuses on building awareness and skills about nutrition and physical activity using a family-friendly and fun approach.
- Builds family knowledge about the importance of nutrition and physical activity through hands-on activities.
- Encourages parents to consider ways of adding more fruits, vegetables, and physical activity to their families' day.
- Offers staff a step-by-step guide to support family nutrition and health skills through a strengths-based model, and provides high interest materials for family hands-on learning.

Programs Need

- Staff interested in building on successful family involvement activities.
- Parents interested in having fun and learning and sharing with each other.
- A place for parents to join together and create FEAST scrapbooks as they share and learn from each other about health and nutrition.
- Program support for reaching out to Basic Food eligible families with nutrition education opportunities through BFNEP.

The Result?

- Increased knowledge of healthy food choices and physical activity.
- Fun experiences as staff and families work together building healthy lifestyles in their communities.
- Family scrapbooks that offer parents and children fun ways to keep learning.

Key Messages



5-A-Day



Daily Physical
Activity

FEAST Philosophy

FEAST (Families Eating and Actively Sharing Together) encourages adults and children to explore healthy eating and physical activity. Families have fun as they learn about colorful fruits and vegetables, make healthy food choices, prepare and eat meals together, and set goals for healthy habits.

FEAST provides concrete activity ideas that are made useful by your respectful relationships with families. Focus on their strengths, and feel free to adapt the activities to your particular group.

With topics as personal as how and what we eat, it is especially important to accept families where they are right now. These activities can help families identify their healthy habits and explore ways to build on them. Behavioral change takes time and energy, so be patient.

Remember - “telling isn’t teaching.” Instead of long lectures:

- Offer snippets of information for families’ consideration.
- Support conversation during activities so that families can share information.
- Model healthy eating, mealtime conversation, and physical activity.
- Provide an unhurried environment with enough time for all voices to be heard.
- Allow quiet time for the personal reflection that often precedes habit changes.



FEAST: Families Together

Ideas and directions for nutrition education activities that families can do together, and some fun physical activities, plus some of the resources and tools you will need for FEAST activities!

This section contains:

Activities Pages

- Family Photos
- Mystery Box
- Food Exploration/Demonstration
- Fruit Basket Upset
- Charades
- Scavenger Hunt
- Obstacle Course
- Stretch and Relax Time
- Group Juggle
- That's Me
- Balloon's Galore



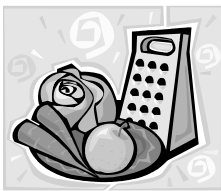
Activity Resource Pages (in English and Spanish)

- Recipe Cards
- When I Help, My Hands Learn
- When I Help, My Senses Experience
- When I Help, I Learn to Share
- When I Help, I Learn New Skills
- Water Is Delicious
- Water and Our Health
- Tasty Water Ideas
- Scavenger Hunt – Player cards
- Fruit Basket Upset – Player Cards
- Charades – Player Cards


Your Own Ideas for Fun Family Activities





FEAST: Family Together Time Activities

Activity	What Is It?	Why?	Tips
 <p>Family Photos</p>	<p>During FEAST activities, take pictures of families as they learn and play together. Families paste photos into their scrapbooks.</p>	<p>Seeing your family in action can be fun!</p>	<p>Older children could help take the pictures, as younger children and parents try the activities.</p>
 <p>Mystery Box</p>	<p>Hide different sturdy vegetables in the mystery box. Invite families to take turns hiding and discovering the mystery box items. If needed, give hints such as the color, taste, or way it could be used.</p>	<p>Families learn about different fruits and vegetables having fun and using senses other than eyes.</p>	<p>Parents and older children could hide the fruits and vegetables for the younger children.</p>
 <p>Food Exploration and Demonstration</p>	<p>Invite families to prepare fresh fruit salads and vegetable salads.</p> <p>Use yogurt, honey, or cinnamon for a simple fruit salad dressing.</p> <p>A simple veggie dressing: 1 part vinegar, 2 parts olive oil, any of the following: crushed garlic, basil, oregano, parsley, salt, pepper...</p>	<p>An important part of family meals is preparing and cleaning up together.</p> <p>Little hands enjoy working with big hands and learning new skills, too!</p>	<p>Remember! Safety First!</p> <ul style="list-style-type: none"> • Wash hands • Wash fruits and veggies • Younger children can cut bananas with a table knife or tear lettuce. <p>See <i>Recipes for Demonstration Foods</i> on page 12, and <i>When I Help</i> posters on pages 13-20.</p>



FEAST: Family Together Time Activities

Activity	What Is It?	Why?	Tips
 <p>Fruit Basket Upset</p>	<p>A fun, physical game. Players sit in a circle, in chairs or on floor mats. The leader gives players a fruit or vegetable sticker or card. (See FEAST resource poster on page 36.)</p> <p>One player stands in the middle and calls out the name of a fruit or vegetable.</p> <p>Players with that fruit or vegetable race each other to an empty seat.</p> <p>The player left without a seat takes a turn in the middle to call out the name of a fruit or vegetable.</p> <p>Players can make it more complicated by calling two fruits or vegetables at once, or calling “Fruit Basket Upset” so everyone must find a new seat.</p>	<p>There are many ways of getting fun and vigorous physical activity each day.</p> <p>This is a simple game that the family can play together.</p>	<p>Variations on Fruit Basket Upset:</p> <ul style="list-style-type: none"> • Include vegetables, too! • Whisper the name of a fruit or vegetable to each person to remember while playing. • Parents can share a seat with a young child, and play together. • Add the rule that you have to find a new seat each time. <p>Note: There must be exactly one seat for each player, EXCEPT the player calling out the name of fruits and vegetables for this game to work.</p>




FEAST: Family Together Time Activities

Activity	What Is It?	Why?	Tips
 <p>Charades</p>	<p>A fun physical activity and family game.</p> <p>Individually, or in family groups, players act out a charade card. Other players try to guess what is being acted out.</p>	<p>This game encourages creativity, physical activity, and family togetherness.</p>	<p>See FEAST resource poster pages 37-39 for charades cards.</p> <p>Set a timer for fast-paced activity.</p> <p>Alternate: Play the commercial game "Kids At Play"</p>
 <p>Scavenger Hunt</p>	<p>A hands-on, fun activity for exploring and learning about fruits and vegetables. As families guess the fruit or vegetable, they come to your "fruit stand" to collect it.</p> <p>Hand out scavenger game cards (see FEAST resource poster pages 27-35) to families. Families use the clues to guess the fruits and vegetables.</p> <p>After guessing, a family member comes to the Fruit and Vegetable Stand to collect it.</p>	<p>The scavenger hunt game gets families up and moving in a fun way, and offers some colorful nutrition information, too!</p>	<p>Create some more scavenger cards based on produce that is in season, or to provide unusual fruits and vegetables. See template p.27.</p> <p>A good website for some fast facts on fruits and vegetables across the rainbow can be found at: www.5aday.com/html/consumers/healthcolors/php</p>

FEAST: Family Together Time Activities

Activity	What Is It?	Why?	Tips
 <p>Obstacle Course</p>	<p>A fun physical activity that challenges family members to move their bodies in many different ways.</p> <p>Some ideas:</p> <ul style="list-style-type: none"> • Climb on stairs, or sturdy crates. • Crawl under tables or through hula hoops. • Jump over ropes. • Throw bean bags at targets. • Hop or balance on a tape line. 	<p>Daily moderate physical activity is recommended for all family members – this is just one way to have fun while getting it!</p>	<p>Offer water to your thirsty players at the end of the obstacle course.</p> <p>Include slices of lemon, or other flavorings.</p> <p>See the resource posters on the importance of water, FEAST resource poster pages 21-26.</p>
 <p>Stretch & Relax Time</p>	<p>A quiet space and time for families to relax.</p> <p>Lead gentle stretching and relaxation activities for parents and children to soothing background music.</p>	<p>Finding quiet time to relax and soften muscles is important to good health.</p>	<p>Stretch slowly and gently without bouncing.</p> <p>Dim the lights.</p> <p>Some possible resources include:</p> <p><i>Starbright: Meditations for Children</i> by Maureen Garth</p> <p><i>Kids Yoga Deck: 50 Poses and Games</i> by Annie Buckley</p>

FEAST: Family Together Time Activities

Activity	What Is It?	Why?	Tips
 <p>Group Juggle</p>	<p>A fun physical ice-breaker for families to play.</p> <p>Players toss soft bean bags to each other as a way of learning names or other fun facts about each other.</p>	<p>Icebreakers help adults and children feel more comfortable and able to participate.</p>	<p>See http://www.wilderdom.com/games/descriptions/GroupJuggle.html for more ideas.</p>
 <p>That's Me!</p>	<p>A fun icebreaker for all ages.</p> <p>Ask players to stand and yell "That's Me!" when they hear a statement that is true for them.</p>	<p>Icebreakers that include fun physical activity help adults and children relax and feel more comfortable in the group.</p>	<p>"That's Me!" ideas: Who?</p> <ul style="list-style-type: none"> • Loves to eat • Doesn't like doing dishes • Has never seen a rutabaga
 <p>Balloons Galore</p>	<p>A fun icebreaker for family teams!</p> <p>Ask players to blow up a balloon for each family member, and write or draw something they do to stay healthy, or to help the family stay healthy.</p> <p>Ask families to throw their balloons in the air on the count of three and work as a team to keep the balloons in the air.</p>	<p>Strong and healthy families take work!</p> <p>Families work hard every day to be as strong and healthy as they can be – this is a fun way to notice the hard work families do!</p>	<p>Safety Tips:</p> <p>Use thick tip, non-toxic markers to avoid popping the balloons.</p> <p>Do not use with infants and toddlers due to choking hazard.</p>

FEAST Recipe Cards



Simple Fruit Salad Dressings



Yogurt – for dipping or drizzling
Honey – could be used as a sweetener for plain yogurt
Cinnamon – lightly sprinkled

What Would Your Family Try?

Fruit Smoothie



Wash Fruit
Blend: 1 cup milk or soy milk
 1 cup yogurt or soy yogurt (8 oz)
 1 banana
 1 cup berries
Serves 4

Frozen Fruit Works Well, Too!

Simple Veggie Dressing Idea



Mix Together:

- 1 part vinegar
- 2 parts olive oil

Add any of the following:

Crushed garlic,
 Basil,
 Oregano,
 Parsley,
 Salt,
 Pepper . . .

What Would Your Family Like To Try?

Fruit Parfait



Wash fruit
Cut fruit into bit-size pieces
Layer:
 Yogurt,
 Fresh fruit,
 Granola . . .

What Other Ways Could You Serve Fruit Today?

"When I Help" Poster 1

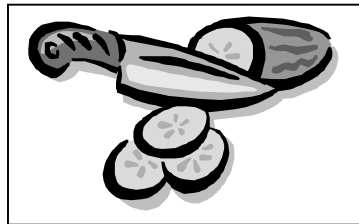


When I Help,
My Hands Learn To:

Wash



Cut



Mix



Kids Like To Help!
They Learn and Have Fun!

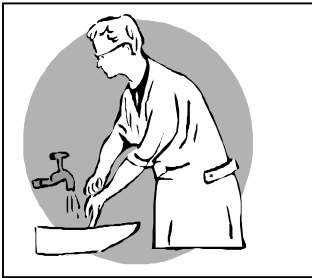


"When I Help" Poster 1 – en Español

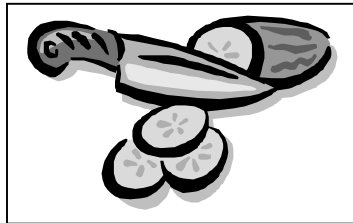


Cuando ayudo,
Mis manos aprenden a:

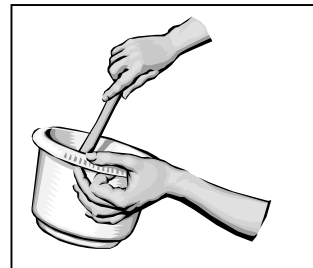
Lavar



Cortar



Mezclar



¡A los niños les encanta ayudar!
¡Aprenden y se divierten!



"When I Help" Poster 2

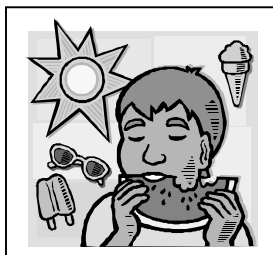


When I Help, My Senses Experience:

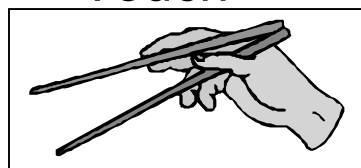
Smells



Tastes



Touch



Kids Learn Best When They Use
All Their Senses Every Day!



"When I Help" Poster 2 – en Espanol

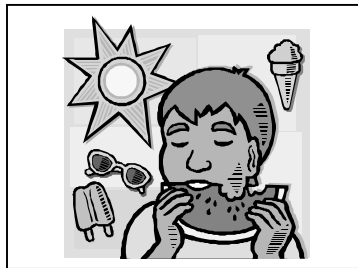


Cuando ayudo,
Mis sentidos experimentan:

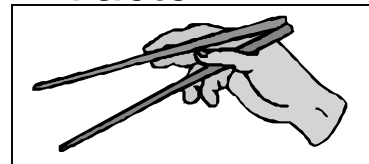
Olores



Gustos



Tacto



¡Los niños aprenden mejor
cuanto usan todos sus sentidos todos los días!



"When I Help" Poster 3



When I Help, I Learn To Share With You

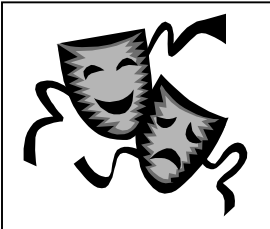
Time



Space



Likes and Dislikes



Kids Learn Social Skills By Watching You and Trying What They See You Do!



"When I Help" Poster 3 – en Español



Cuando ayudo,
Aprendo a compartir contigo

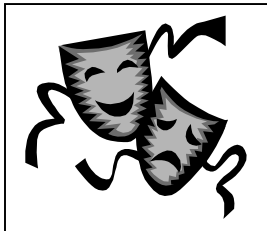
Tiempo



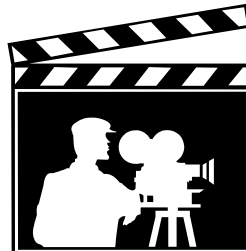
Espacio



Gustos y disgustos



**¡Los niños aprenden a socializar
observándose e imitando lo que tú haces!**



"When I Help" Poster 4



When I Help, I Learn New Skills

Sorting



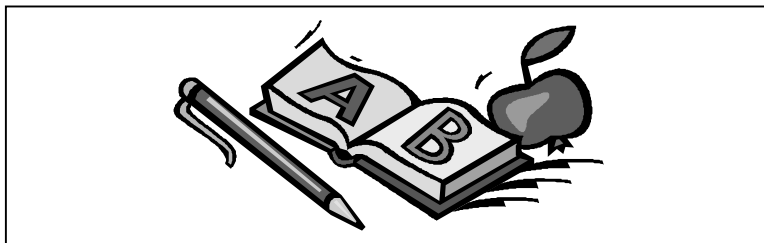
Measuring



Following Directions



When I Help, I Learn Skills That Get Me Ready For
Kindergarten!



"When I Help" Poster 4 – en Espanol



Cuando ayudo,
Aprendo a

Clasificar



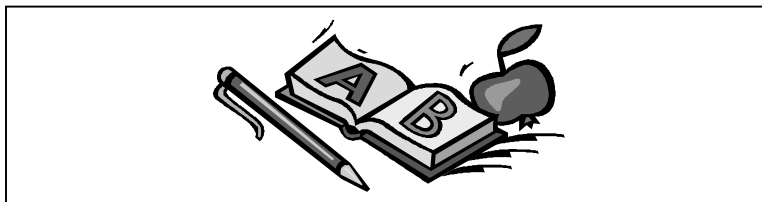
Seguir instrucciones



Medir



Cuando ayudo, aprendo cosas que me preparan para
Kinder!



The Importance of Water, Poster 1



Water Is Delicious and We Need Lots of It!



Did You Know?

Drinking plenty of water each day

helps your body to:

- Digest food
- Adjust body temperature
- Cushion joints
- Protect vital organs
- Reduces constipation



El agua es deliciosa y necesitamos mucha!



¿Sabías tú?

Tomar mucha agua todos los días

Ayuda a tu cuerpo a:

- Digerir la comida
- Equilibrar la temperatura del cuerpo
- Lubricar las coyunturas
- Proteger los órganos vitales
- Reducir la constipación

The Importance of Water, Poster 2



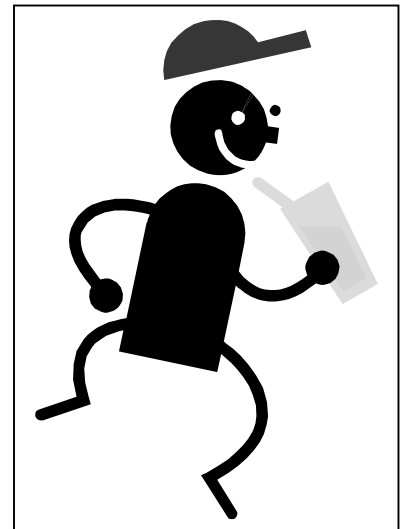
Have a headache?

Feeling irritable and cranky?

Tired?

Sore back?

TRY A GLASS OF WATER!



Did You Know?

The more coffee, soda pop, fruit juices, milk and tea you drink each day, the more water your body needs to stay hydrated and healthy.

The Importance of Water, Poster 2, en Español

¿Tienes un dolor de cabeza?

¿Te sientes irritado y malhumorado?

¿Cansado?

¿Con dolor de espalda?

¡INTENTA TOMAR

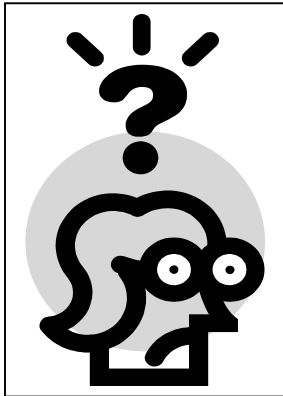
UN VASO DE AGUA!



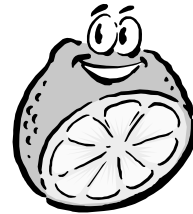
¿Sabías tú?

**Cuanto más café, gaseosas, jugos de
fruta, leche y té tomes, más agua
necesita tu cuerpo para estar hidratado
y saludable.**

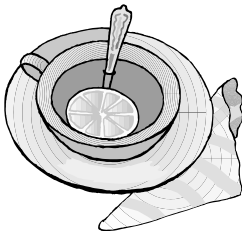
The Importance of Water, Poster 3



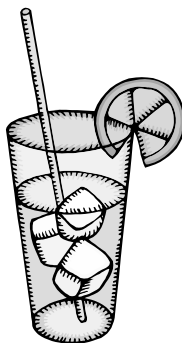
**What
About
Taste?**



Try adding a squeeze of lemon, lime, or orange.

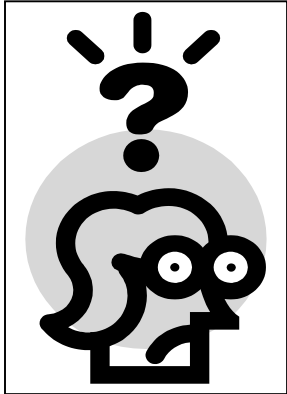


Try warm water with a honey or lemon.

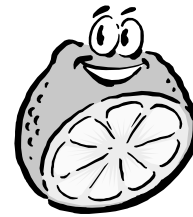


ENJOY!

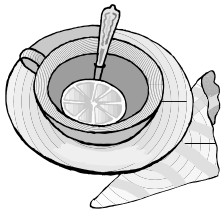
The Importance of Water, Poster 3, en Español



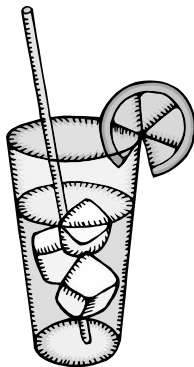
**¿Qué
puedo hacer con
el gusto?**



Agréglele el jugo de un limón, lima o naranja.



**Prueba tomar agua tibia con un poco de
limón y miel.**



¡Disfrútala!

Scavenger Hunt Cards: Design Your Own

My Shape Is:	
My Color Is:	
I am Good For You Because of:	
Helpful Hint:	

What Am I?

--



Mi forma es:	
Mi color es:	
Soy buena para ti porque tengo:	
Ayuda:	

¿Qué soy?

--

Scavenger Hunt Cards, English

My Shape Is:	Round
My Color Is:	Orange
I am Good For You Because of:	Vitamin C
Helpful Hint:	I Can Squirt You In the Eye

What Am I?



My Shape Is:	Like A Tree
My Color Is:	Green
I am Good For You Because of:	Vitamin A, C, and calcium
Helpful Hint:	I Start With the Same Sound As the Word <u>B</u> rother

What Am I?

Scavenger Hunt Cards

My Shape Is:	Like Bubbles
My Color Is:	Red or Green
I am Good For You Because of:	Antioxidants (help prevent cancer)
Helpful Hint:	17 of these make one serving

What Am I?



My Shape Is:	Like A Root
My Color Is:	Orange
I am Good For You Because of:	Vitamin A
Helpful Hint:	Babies Love To Eat It!

What Am I?

Scavenger Hunt Cards

My Shape Is:	Round
My Color Is:	Red, Yellow, or Green
I am Good For You Because of:	Fiber
Helpful Hint:	Some say - One of these a day will keep the doctor away

What Am I?



My Shape Is:	Like A Boat
My Color Is:	Yellow
I am Good For You Because of:	Potassium
Helpful Hint:	I am a Monkey Munchable!

What Am I?

Scavenger Hunt Cards

My Shape Is:	Like A Leaf
My Color Is:	Green
I am Good For You Because of:	Iron
Helpful Hint:	I am Popeye's favorite vegetable

What Am I?



My Shape Is:	Like an Icicle
My Color Is:	Orange
I am Good For You Because of:	Beta-Carotene
Helpful Hint:	I Help You See Better

What Am I?

Scavenger Hunt Cards-En Espanol

Mi forma es:	Redonda
Mi color es:	Anaranjado
Soy buena para ti porque tengo:	Vitamina C
Ayuda:	Puedo salpicarte los ojos cuando me comes

¿Qué soy?



Mi forma es:	Como la de un árbol
Mi color es:	Verde
Soy bueno para ti porque tengo:	Vitamina A, C y calcio
Ayuda:	Mi nombre comienza como la palabra <u>Bro</u> ther en inglés, y <u>Bro</u> tar en español

¿Qué soy?

Scavenger Hunt Cards-En Espanol

Mi forma es:	Como la de las burbujas
Mi color es:	Verde o rojo
Soy buena para ti porque tengo:	Antioxidantes (ayudan a prevenir el cáncer)
Ayuda:	17 forman una porción

¿Qué soy?



Mi forma es:	Como la de una raíz
Mi color es:	Anaranjado
Soy buena para ti porque tengo:	Vitamin A
Ayuda:	¡A los bebés les encanta comerla!

¿Qué soy?

Scavenger Hunt Cards-En Espanol

Mi forma es:	Redonda
Mi color es:	Rojo, amarillo o verde
Soy buena para ti porque tengo:	Fibra
Ayuda:	Algunos dicen que si comemos una por día, mantendrá lejos a los doctores

¿Qué soy?



Mi forma es:	Como la de un barquito
Mi color es:	Amarillo
Soy buena para ti porque tengo	Potasio
Ayuda:	A los monos les encanta comerlas.

¿Qué soy?

Scavenger Hunt Cards-En Espanol

Mi forma es:	Como la de una hoja
Mi color es:	Verde
Soy buena para ti porque tengo:	Hierro
Ayuda:	Soy la verdura favorita de Popeye.

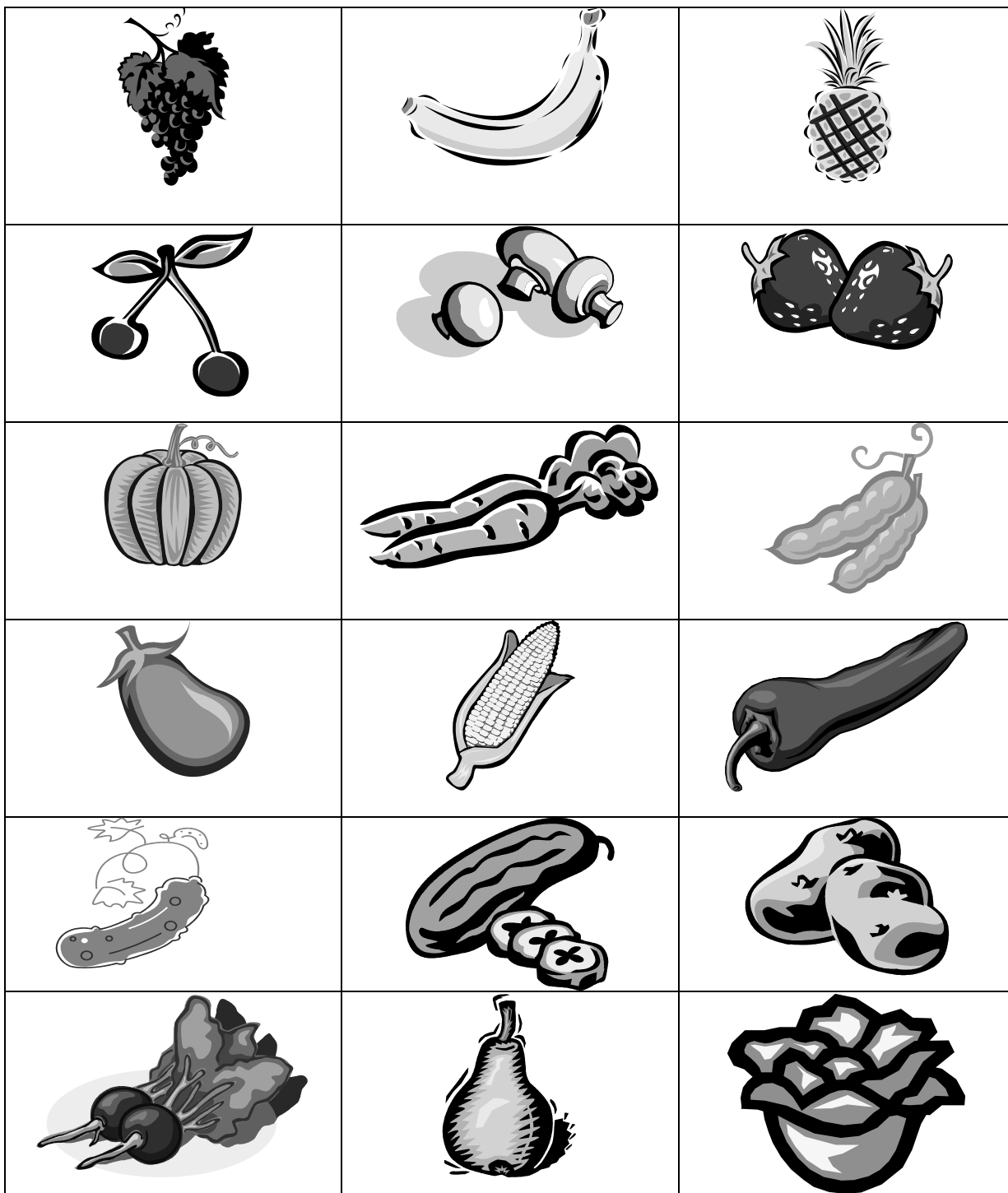
¿Qué soy?



Mi forma es:	Soy como una ramita
Mi color es:	Anaranjada
Soy buena para ti porque:	Beta-Caroteno
Ayuda:	Te ayudo a ver mejor

¿Qué soy?

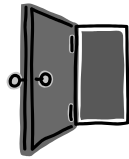
Fruit Basket Upset - Player Cards



Charades – Players Cards



**SEWING
COSER**



**OPENING A DOOR
ABRIR LA PUERTA**



**TAKING A BATH
TOMAR UN BAÑO**



**DRIBBLE A BALL
HACER REBOTAR LA PELOTA**



**BLOWING BUBBLES
HACER BURBUJAS**



**PLAYING PIANO
TOCAR EL PIANO**



**CATCHING A BALL
AGARRAR LA PELOTA**



**PLAYING BASEBALL
JUGAR AL BASEBALL**



**PAINTING A PICTURE
PINTAR**

Charades – Players Cards



HAMMERING A NAIL
PONER UN CLAVO



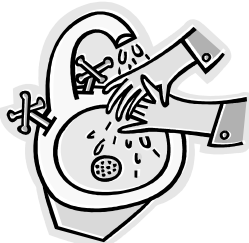
BRUSHING TEETH
CEPILLARSE LOS DIENTES



JUMPING ROPE
SALTAR LA SOGA



READING A BOOK
LEER UN LIBRO



WASHING HANDS
LARVARSE LAS MANOS



SWINGING
JUGAR EN EL COLUMPIO



PACKING A SUITCASE
HACER LA MALETA



SLEEPING
DORMIR



SKATING
PATINAR



SWIMMING
NADAR

Charades – Players Cards



RIDING A BIKE
ANDAR EN EL TRICICLO



SWEEPING
BARRER



FISHING
PESCAR



COOKING
COCINAR



WASHING DISHES
LAVAR LA LOZA



EATING TOGETHER
COMER JUNTOS



PLANTING
PLANTAR



SINGING
CANTAR



RAKING LEAVES
JUNTAR HOJAS

FEAST: Children's Program

Inside, you will find ideas and directions for children's nutrition education activities and some fun physical activities. Feel free to adapt these activities to meet the needs of older or younger children.

Remember! Play-based learning is a hallmark of early childhood education. Colorful fruits and vegetables coupled with snappy physical activities keep children learning and growing. Keep activities fun and simple. Provide the environment and materials, and learn side-by-side with the children. Have fun!

This section contains:

Nutrition Circle Time Ideas

- Sing-A-Longs
- Brainstorming
- Reading

Physical Activity Circle Time Ideas

- Sing-A-Longs
- Brainstorming
- Reading


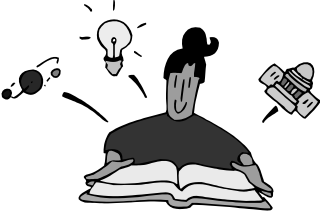

Center-Based Learning Ideas

- Art Projects
- Sorting Activities
- Sensory Play
- Dramatic Play
- Creative Movement
- Physical Activity – Indoors and Outside
- Reading




Your Own Ideas for Fun Children's Activities



FEAST: Children's Program Activities

Nutrition Circle Time	Tips
<p data-bbox="521 350 719 386">Sing-A-Long</p>  <p data-bbox="542 972 714 1005">Brainstorm</p>  <p data-bbox="634 1484 711 1516">Read</p> 	<p data-bbox="740 350 1435 420">Listen to sound recording of this song at www.songsforteaching.com/ApplesBananas.html</p> <p data-bbox="740 424 1435 457">I like to eat, eat, eat apples and bananas (repeat)</p> <p data-bbox="740 462 1377 531">I like to ate, ate, ate ay-ples and ba-nay-nays (repeat)</p> <p data-bbox="740 535 1398 604">I like to eat, eat, eat ee-ples and bee-nee-nees (repeat)</p> <p data-bbox="740 609 1403 642">I like to ite, ite, ite i-ples and by-ny-nys (repeat)</p> <p data-bbox="740 646 1347 716">I like to ote, ote, ote oh-ples and bo-no-nos (repeat)</p> <p data-bbox="740 720 1398 789">I like to oot, oot, oot oo-ples and boo-noo-noos (repeat)</p> <p data-bbox="740 793 1435 827">Variations: Substitute other fruits and vegetables.</p> <p data-bbox="740 898 1419 968">What makes us healthy and strong? Write ideas on large easel paper.</p> <p data-bbox="740 1010 1435 1079">If they don't mention it during the brainstorm, you can add:</p> <ul data-bbox="740 1083 1435 1161" style="list-style-type: none"> • Eat 5 colorful fruits and vegetables each day. • Move bodies in lots of ways each day. <p data-bbox="740 1409 1101 1442"><i>Lunch</i> by Denise Fleming</p> <p data-bbox="740 1484 1424 1554">Ask children to count on their fingers 5 fruits and veggies they like to eat.</p>

FEAST: Children's Program Activities

Physical Activity Circle Time	Tips
<p style="text-align: center;">Sing-A-Long</p>  <p style="text-align: center;">Brainstorm</p>  <p style="text-align: center;">Read</p> 	<p><i>Tarzan of the Apes</i> (Tune: Battle Hymn of the Republic) I like bananas, coconuts and grapes <i>(bend over with arms swinging in front of you like an ape)</i> I like bananas, coconuts and grapes I like bananas, coconuts and grapes That's why they call me Tarzan of the apes <i>(shout last line, and stand up and beat your chest)</i></p> <p>For another fun movement song, check out <i>Slippery Fish</i> on-line at: http://www.charlottediamond.com/music/10_carrot_diamond.htm</p> <p>Ideas about moving our bodies in many ways, every day and why it is important. Write ideas on large easel paper. If they don't mention it during the brainstorm, you can add:</p> <ul style="list-style-type: none"> • Strong muscles • Strong bones • Strong heart • Staying fit • Staying well <p><i>Hop Jump</i> by Ellen Stoll Walsh</p> <p>Allow the children to dramatize the story, as you "narrate" it a second time.</p>

FEAST: Children's Program Activities

Center-Based Learning	Tips and Variations
Art Activity <i>We Are What We Eat</i> Building on the story <i>Lunch</i> , paint the colors of colorful fruits and vegetables onto an outline of a child or mouse. <i>String Painting</i> Dip a piece of yarn or string into paint. Holding the dry part of the string, dance the wet part on the paper in time to music.	<i>We Are What We Eat</i> Variation <ul style="list-style-type: none"> • Use individual papers. • Do as a group on outline. • Try making prints with fruits and vegetables <i>String Painting</i> Variation <ul style="list-style-type: none"> • Match strings and paint color.
Sorting Activity Sort real or felt fruits and vegetables by color onto the rainbow poster.	<ul style="list-style-type: none"> • Count 5 fruits and veggies you like (5-a-Day)
Sensory Activity <i>Playdough</i> Explore scented playdough, using kitchen tools. <i>Guess the Smell</i> In small groups, pass around the smell canisters and guess what food it is. Seal the tops of the canister with glue or duct tape.	<i>Playdough</i> Variation <ul style="list-style-type: none"> • Try unusual herbs or scents such as cumin, lavender, pumpkin spice. <i>Guess the Smell</i> Materials One 35 mm film canister with pinholes in the top for each scent. Soak cotton balls in liquid scents.
Dramatic Play Children practice shopping for and cooking healthy foods in a pretend grocery store or kitchen.	<ul style="list-style-type: none"> • Provide shopping list materials (paper and crayon).
Creative Movement On a mat, pretend you are ... apples dropping off the tree ... popcorn popping ... vegetable plants growing	<ul style="list-style-type: none"> • Move like a rabbit, frog, dog, bear, crab... • Move like an airplane, bowling ball, top-spinning . . .
Indoor Gross Motor Activities Create an obstacle course in the room. Older children could create posters and time the course. Try parachute activities, scarf dancing, and bean bag games.	<ul style="list-style-type: none"> • Remember – outdoor play in the sunshine and fresh air is important! Even sunshine peeking through clouds!
Books Set out nutrition and physical activity books in a quiet, soft area.	<ul style="list-style-type: none"> • Provide materials for children to create their own stories about fruits and vegetables.

FEAST: Scrapbook Fun

This section contains some basic information about the FEAST Scrapbooks. You will also find some clip art resources for scrapbooking parents! Feel free to supplement with magazines, old cards, wrapping paper – any fun tidbits of arts and crafts supplies that encourage creative minds!

Remember! Your FEAST Guide-by-the-Side Scrapbook offers you lots of activity ideas and nutrition information for scrapbooking activities.

Inside, you'll find:

- **What Is the FEAST Scrapbook?**
- **How Do I Use the FEAST Scrapbook?**
- **What Do We Need?**
- **FEAST Scrapbook Resource Pages**

Your Own Ideas for Fun Scrapbook Activities



FEAST: Scrapbook Fun

What is the FEAST Scrapbook?

The FEAST Scrapbook explores nutrition and physical activity. The information is both concrete and simple, focusing on family strengths and competencies. Families consider their healthy habits and find ways to expand their skills and knowledge through playful reflection. The FEAST Scrapbook works well in small groups, in family groups, or one-on-one.

How Do I Use the FEAST Scrapbook?

Your *FEAST Guide-by-the-Side Scrapbook* looks at each page in the parent scrapbook and offers nutrition tidbits, activity ideas, and talking points.

Remember - “telling isn’t teaching.” Instead of long lectures:

- Offer snippets of information for families’ consideration.
- Support conversation during activities so that families can share information.
- Model healthy eating, mealtime conversation, and physical activity.
- Provide an unhurried environment with enough time for all voices to be heard.
- Allow quiet time for the personal reflection that often precedes habit changes.

The FEAST Scrapbook encourages learning through playfulness. Hands-on learning, chances for quiet reflection, and sharing wisdom can lead to positive change and growth. Parents and caregivers work long hard hours caring for their families at home and in the workforce – opportunities for play may be rare. Staff also enjoy this playful learning! So, set aside some time during family activity events or at home visits to work on scrapbook pages. Have fun!

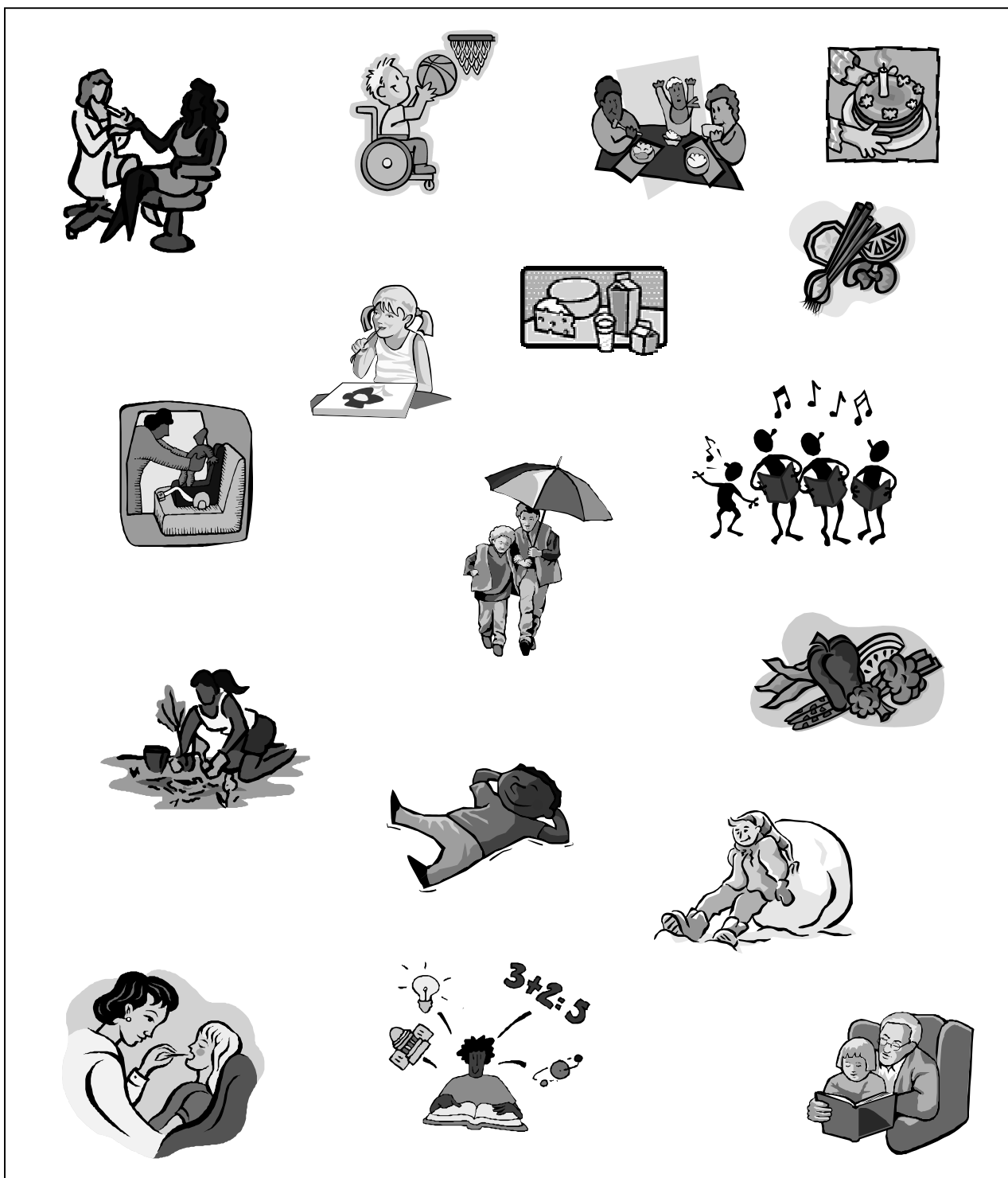
What Do We Need?

- Playful families and staff.
- A FEAST Scrapbook for each family.
- Your FEAST Guide-by-the-Side Scrapbook.
- Art supplies such markers, watercolor pencils, stencils, stickers, pens and pencils, scissors, glue, and the scrapbook poster pages (see pages 68-71) or other craft supplies that you and your families would like to use for scrapbooking.
- If possible, family photographs from FEAST family activities or other family events.

FEAST: Scrapbook Poster Pages



FEAST: Scrapbook Poster Pages



FEAST: Scrapbook Poster Pages



Creative

Playful

Encouraging

Hopeful

Cheerful

Lively

Peaceful

Imaginative

Content

Thriving

Successful

Artistic

Eager

Wise

Brave

Curious

Welcoming

Relaxed

Resourceful

Friendly

Practical

Calm

KIND

Confident

Clever

Funny

Daring

THOUGHTFUL

Prepared

Adventurous

Inventive

FEAST: Scrapbook Poster Pages



Creatividad

Juego

Aliento

Esperanza

Alegría

Vivacidad

PAZ

Imaginación

Satisfacción

Prosperidad

Éxito

Arte

Deseo

Sabiduría

Bravura

Curiosidad

Bienvenida

Tranquilidad

Recursos

Amistad

Práctica

Calma

BONDAD

Confianza

Habilidad

Comicidad

Esfuerzo

SENSIBILIDAD

Preparación

Aventura

Inventiva

CAPACIDAD

These materials were developed through federal funds from the USDA Basic Food Program and the state of Washington's Department of Early Learning.

The Basic Food Nutrition and Education Plan (BFNEP) for Washington State can help qualifying families secure nutrition assistance and education.

For more information, call: 1-877-980-9220
or on-line at: https://www2.wa.gov/dshs/onlineapp/introduction_1.asp

